



*SEATTLE PARKS
AND RECREATION*

Delridge

COMMUNITY CENTER

4501 Delridge Way S ❁ Seattle, WA 98106 ❁ (206) 684-7423

Spring 2006

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Delridge Community Center

4501 Delridge Way S

Seattle, WA 98106

Phone: 206-684-7423 Fax 206-684-7424

Visit us online at www.seattle.gov/parks!



Hours of Operation

Monday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Friday	1 to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Saturday Late Night	7 p.m. to Midnight
Sunday	Closed

Holiday closures

Monday, May 29, Presidents' Day

Program registration

Registration begins March 13, 2006

Program dates

April 10 to June 17, 2006

Mission

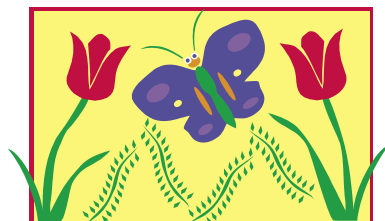
Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

You Can Make a Difference!

Delridge Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7423.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.



Management Staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Katie Gray, *Recreation South Manager*

Professional Staff

Alice Greer, *Recreation Center Coordinator*

Nanette Fuerte, *Asst. Rec. Center Coordinator*

Mary Jo Rossman, *Maintenance Laborer*

Susie Malmquist, *Teen Development Leader*

Bryan Hayes, *Late Night Rec. Program Specialist*

Damien Hicks, *Out-of-School Care Coordinator*

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Special Events

Spring Egg Hunt

Free

Kids ages 1 to 10 search for spring eggs throughout the grass fields. Each egg will contain a surprise. There will be a golden egg for each age group, whoever finds it will win a golden prize. Please provide your own basket or bag.

Age: 1 to 10

Sat, Apr 15 10 a.m.

Location: Delridge
Grass Fields



Spring Pancake Social

Donations



Everyone get together for Delridge's first Spring Pancake Social. After the Egg Hunt, join other families from our community and enjoy pancakes, eggs and

sausages cooked exclusively by Delridge CC volunteers. **Donations accepted.**

Age: Families

Sat, Apr 15

10 a.m. – Noon

Location: Multipurpose Room

Toddlers/Preschoolers

Little Chefs

\$40

Put away those Easy Bake ovens and bring your 3 to 5 year old to enjoy cooking easy to make dishes. Games, stories, or songs will be incorporated within each recipe to make cooking fun for both child and parent. Parent participation suggested but not required.

Age: Youth ages 3 to 5

Mondays

Noon – 12:45 p.m.

Session I

Apr 10 – May 8

Session II

May 15 – Jun 19

Location: Kitchen

Mini-Gym

\$2*

Our very popular indoor playground is up and running. The playground is equipped with floor mats, wagons, slides, cars, toys and much much more. Parents and toddlers come socialize and meet new friends.

Age: 5 and under

Tue – Fri

9:30 a.m. – 1:30 p.m.

*Mini-Gym Specials: \$1 on Wednesdays,
\$10 and \$20 punch cards available.

Location: Gymnasium

Story Art

\$40/session

Toddlers ages 3-5 will be able create artwork and participate in activities while listening to their favorite stories. Participants will be encouraged to make, create, and share ideas with each other and families. Parents are encouraged to participate, but are not required.

Age: Toddlers 3 to 5

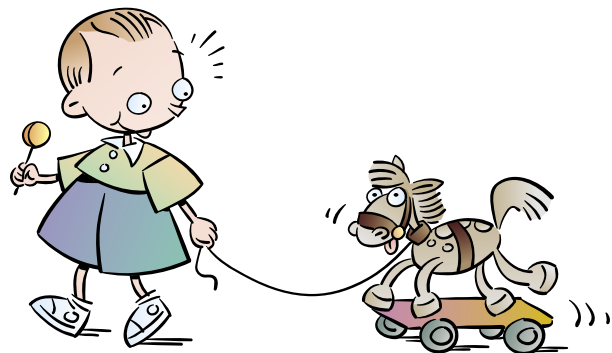
Location: Game Room

Session I

Wednesdays 1 – 2 p.m. Apr 12 – May 10

Session II

Wednesdays 1 – 2 p.m. May 17 – Jun 14



Youth Programs

Athletics

Beginning Sports \$50

Have your toddler age 3-5 learn the basics in different sports: basketball, indoor soccer, flag football, T-ball, and more. Your child will learn teamwork, build teamwork, and have fun. Parents are not required to stay, but are encouraged to participate.

Age: 3 to 5

Instructor: TBA

Tue/Thu 6 – 7 p.m. Apr 11 – Jun 15

Location: Gymnasium

Little Dribblers \$50

Hoop it up! Youth ages 3-5 will learn basic skills of basketball such as Dribbling, shooting, defense, and teamwork. Parent participation suggested, but not required

Age: 3 to 5

Instructor: TBA

Mon/Wed 6 – 7 p.m. Apr 10 – Jun 14
No class May 29

Location: Gymnasium

Girls Softball \$35

The citywide youth softball program provides players the opportunity to develop basic skills, team play and good sportsmanship. Players sign up at their local community center, where teams are formed and practices occur. The leagues are for girls ages 10-17 where 3 separate divisions are set up to accommodate the players. The season runs from April 24 – June 19. **Register now.**

Instructor: TBA

Age: Girls ages 10 to 17

Location: Field

Mon – Fri 4 – 6 p.m. Apr 3 – Jun 23

Track and Field \$35

The citywide track and field program is for ages 5-17. Individuals sign up at their local community centers and compete with that center as a team. Meets are once a week starting April 25 and conclude with the championship meets in Late May. Youth will learn basic technical skills as well as team work and good sportsmanship. Practices times and location will be announced. **Register now.**

Age: 5 to 17

Location: Track/Playfield

Mon – Fri 4 – 7 p.m. Apr 3 – Jun 2

Move Over Mozart \$79



Move Over Mozart teaches group lessons to 6 children at a time. Children participate in musical activities and learn from each other as well as from their teacher. They learn

to play familiar tunes on the piano along with reading music and music theory. **\$10 annual registration fee not included in cost.**

Age: Youth 5 to 12

Instructor: Pamela Cornell

Tuesdays 5:30 – 7 p.m. Apr 11 – Jun 13

Ages 5 & 6 5:30 – 6 p.m.

Ages 7 & 8 6 – 6:30 p.m.

Ages 9 – 12 6:30 – 7 p.m.

Location: Gameroom

Girls in Reading for Life Success Free

Girls ages 9-13 will be focusing on reading stories, poems and songs that will cover geography, science, language and nutrition. An emphasis on Early American History with passages containing biographies, autobiographies, lyrics and belief statements will also help them prepare for the WASL. This is a 9-week online reading program. Classes are 2 days per week with 1 hour computer learning and 1 hour reading. **Space is limited; register early.**

Instructor: Catherine Riley

Age: GIRLS 9 to 13

Mon/Wed 4 – 5 p.m.
Apr 10 – Jun 7

Location: Game Room/Computer Lab

Youth Programs

Early Bird Care Program \$80/mth

The Early Bird Program is for parents who need Out-of-School Care for their children from 6 to 7 a.m. **DSHS certified.**

Age: 5 to 12

Mon – Fri 6 – 7 a.m.

Location: Kidplace/Multipurpose room

Before School Program \$150/mth

Delridge Community Center offers a safe and supervised After School Program for school-aged children ages 5 to 12. Each month has a different theme which involves arts & crafts, cooking, special events, field trips, sports and fitness, and homework/reading time. A snack is provided each day. Transportation is not provided. Please contact school transportation at 252-0900. **Scholarships available. DSHS certified.**

Age: 5 to 12

Instructor: Crystal Brown

Mon – Fri 7 – 9 a.m.

Location: Kidsplace/Multi-purpose room

After School Care Program \$230/mth

Delridge Community Center offers a safe and supervised After School Program for school-aged children ages 5 to 12. Each month has a different theme which involves arts & crafts, cooking, special events, field trips, sports and fitness, and homework/reading time. A snack is provided each day. Transportation is not provided. Please contact School Transportation at 252-0900. **Scholarships available, DSHS certified**

Age: 5 to 12

Instructor: Damien Hicks

Mon – Fri 3 – 6 p.m.

Location: Kidsplace/Multi-purpose room

No School Today! \$40*

Delridge offers an *all-day camp* for youth who are out of school for the day. Pre-registration is required.

Fri, Apr 21 7 a.m. – 6 p.m.

***Before/After School participants, please see OOSC director for fees.**

Location: Kidsplace/Multi-purpose room

Spring Break Camp \$135

During Spring Break, have your child attend a safe and fun-filled camp at Delridge Community Center. Participants will enjoy arts & crafts, sports activities, cooking, field trips and social recreation. Please provide your child with a sack lunch daily. Breakfast and snack provided.

DSHS certified; scholarships available.

Instructor: Damien Hicks

Mon, Apr 10 – Fri, Apr 14 7 a.m. – 6 p.m.

Location: Kidsplace Room



Summer Day Camp \$135/ wk*

Come spend your summer at the Delridge Summer Day Camp. Youth ages 5-10 will enjoy arts & crafts, fitness, cooking and fun-filled field trips. Each week focuses on different activities. **City Scholarships available, DSHS certified**

Age: 5 to 10

Director: Damien Hicks

Mon – Fri 7 a.m. – 6 p.m. Jun 26 – Sep 1

Location: Multi-Purpose Room

Weekly Themes

Week 1: Summer Blast Off

Week 2: Low Tides & Hay Rides

***No camp Tue, Jul 4; pro-rated fee: \$108**

Week 3: It's Showtime in Seattle

Week 4: Wacky Water Week

Week5: Outdoor Adventures

Week 6: Different Places & Different Faces

Week 7: Wheels! Wheels! Wheels!

Week 8: So High You Can Touch the Sky!

Week 9: Creek Critters & Amazing Animals

Week 10: Back to School Bash

Each week is subject to change.

Delridge Teen Program

Teen Program

Free*

The Delridge Teen Program offers structured activities and projects Tuesday-Friday for teens ages 13-19. Most of the activities are free of charge, with the exception of some field trips and special events. Delridge offers teens a terrific room with great "hang-out" activities such as music, video games, karaoke, games and arts & crafts projects. Teens may also use the computer lab to complete their homework.

Instructor: Susie Malmquist

Age: 13 to 19

Tue – Fri 2:30 – 7 p.m. **Apr 10 – Jun 17**

*Activities are free unless otherwise posted

Location: Teen Room

Teen Advisory Group

Free

Be one of the natural teen leaders who will meet once a month to make their voices heard by contributing their leadership to issues/activities within our community and citywide. T.A.G. meets the last Thursday of every month and is always looking for new members!

Age: Teens 13 to 19

Last Thursday of the month 6 – 7:30 p.m.

Delridge Teen Bowling Team

Free

In two years the Delridge Bowling Team has become "WORLD CLASS". This spring we will be continuing our weekly bowling trips to Roxbury Lanes for a couple of games, hot dogs and drinks. Sign up with Susie to join the team.

Age: 13 to 19

Wednesdays 4 – 6 p.m. **Apr 12 – Jun 14**

Teen Special Events

Youth Appreciation Week

Contact TDL at Community Center to get Teen Activities Calendar.

Mon, Apr 10 – Fri, Apr 14

Seattle Youth Education and Job Fair

Bring résumés and dress for success!

Age: Teens 16 to 21

Fri, Apr 14 10 a.m. – 2 p.m.

Location: Rainier Community Center
4600 38th Ave S

Late Night

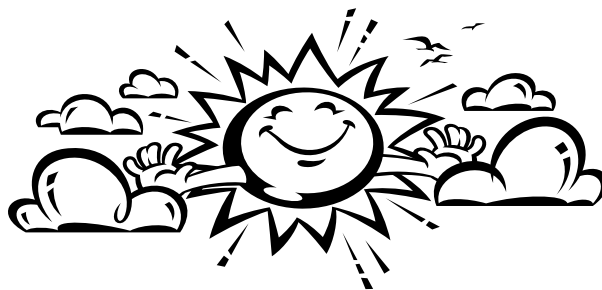
Late Night Recreation Program



Every Saturday come and participate in an exciting and fun-filled evening of activities that include-basketball, computer lab, arts & crafts, games, club meetings, music and dance.

Instructor: Damon Barnett
Saturdays
7 p.m. – Midnight

Location: Delridge Community Center



Middle School Summer Camp \$135/wk

Teens ages 11-14, tired of hanging out at home? Check out the Middle School Summer Camp at Delridge this summer. Plan on being out and about at the parks, pools, nature trails, movie theaters, bowling alleys and of course WILD WAVES. There will be tons to do! **City Scholarships available.**

Age: 11 to 14

Mon – Fri 8 a.m. – 5 p.m. **Jun 26 – Sep 1**

Location: Game Room

Weekly Themes

Week 1: Summer Kick Off!

Week 2: Red, White, Blue

No camp Tue, Jul 4; pro-rated fee \$108

Week 3: Survivor in Seattle

Week 4: Around the City in 5

Week 5: Wet N Wild

Week 6: Wide World of Sports

Week 7: Planes, Trains, Automobiles

Week 8: You Call It!

Week 9: Food 911

Week 10: End of Summer

Computer Lab and Classes



OnRamp Computer Access Center

Delridge OnRamp offers classes in partnership with South Seattle Community College's Continuing Education

Department. For more information, call the South Seattle Community College Continuing Education office at (206) 764-5339.

Age: all ages

Mon – Fri 1 – 6 p.m. Jan 2 – Mar 31

OnRamp Fees

Youth (Ages 5 – 17) 25¢

Adults (Ages 18 –64) \$2

Senior Adults (Ages 65+) \$1

Location: Computer Lab

Seniors Teaching Seniors:

Basic Computer Class \$15/session

Operating a computer does not have to be frustrating. Learn the fundamental skills necessary to use a computer. Learn how to use Microsoft Windows operating system, surf the web, and set up an e-mail account.

Age: 65 and over

Location: Computer Lab

Session I

Tue/Thu 10 a.m. – Noon Apr 4 – Apr 13

Session II

Tue/Thu 10 a.m. – Noon May 2 – May 11

Special Populations



What's Cooking? \$15

Learn the basic skills for preparing and cooking healthy meals. You will learn what's needed to prepare a meal from beginning to end and eat the finished meal.

Age: 18 and over

Tuesdays 6:30 – 8:30 p.m. Mar 28 – May 2

Contact Special Programs office to register:
(206) 684-4950.

Location: Kitchen

Would You Like More Information About Special Populations Programs?

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site:

www.seattle.gov/parks/SpecialPops/index.htm

Adult Dance

Egyptian Belly Dance – Basic \$75

Build strength, grace, and confidence while exploring the ancient art of Egyptian style belly dance. You will learn basic technique and posture including intricate hip isolations, fluid torso undulations and sensuous arm and hand movements. We will be working on alignment—please wear exercise pants and a snug fitting top so your posture can be seen. Please bring a scarf to tie around your hips!

Age: 16 and over

Instructor: NOOR

Saturdays 11 a.m. – Noon Apr 15 – Jun 17

Location: Multipurpose room

Egyptian Belly Dance – Beginning/Intermediate \$75

This class will build on the movements learned in the basic class. In addition to drilling basic technique, we will work on shimmies, traveling steps, turns, and short rhythm-specific combinations. Please wear exercise pants and a snug fitting top so your posture can be seen. Please bring a scarf to tie around your hips.

Age: 16 and over

Instructor: NOOR

Saturdays 12:15 – 1:15 p.m. Apr 15 – Jun 17

Location: Multipurpose room

Tap I \$90

This class goes beyond the basics with riffs, cramp rolls and more complex combinations. Performance opportunities are available for those who are interested. **Fee can be paid monthly.**

Age: Adults 18 and over

Instructor: Susan Wright

Thursdays 6:45 – 7:45 p.m. Apr 13 – Jun 15
No class 4/20

Location: Multipurpose Room

Tap II \$90

This class goes beyond the basics. Learn complex combinations and have an opportunity to perform. **Fee can be paid monthly.**

Instructor: Susan Wright

Age: 18 and over

Wednesdays 6:45 – 7:45 p.m. Apr 12 – Jun 14

Location: Multipurpose Room

Ballroom Dancing – Beginning \$45

Glide across the floor with ease after taking this beginning five-session ballroom class. Learn how to do the fox trot, waltz and tango in this easy step-by-step beginning level class. Leading and following techniques will be stressed throughout this course. Both singles and couples are welcome.

Age: Adults 18 and over

Instructor: LaFranchi

Tuesdays 6:45 – 7:45 p.m. Apr 4 – May 2

Location: Multipurpose Room

Ballroom Dancing – Intermediate \$45

Add polish to your dancing. This class is the next step to becoming a good ballroom dancer. Become more confident in leading and following. You will learn new steps in the fox trot, waltz and tango. Both singles and couples are welcome. **Prerequisite: Basic steps in the above dances.**

Age: Adults 18 and over

Instructor: LaFranchi

Tuesdays 6:45 – 7:45 p.m. May 16 – Jun 13

Location: Multipurpose Room

Jazz II \$90

This class goes beyond the basics with riffs, cramp rolls, and more complex combinations. **Fee can be paid monthly.**

Age: Adults 18 and over

Instructor: Susan Wright

Wednesdays 7:50 – 8:50 p.m. Apr 12 – Jun 14

Location: Multipurpose Room



Adult Dance

Salsa Dancing – Beginning \$60



Seattle's Salsa scene is popping with events and activities from around the world. Learn Salsa the way it is danced by the people of all ages in the smallest Latin towns to some of the most exciting nightclub scenes around the world. Be introduced to the Cha-Cha

and the Merengue. No partner necessary.

Age: Adults 18 and over

Instructor: Baker

Mondays 6 – 7:15 p.m. Apr 3 – May 1

Location: Multipurpose Room

Salsa Dancing – Intermediate \$60

Improve upon your Salsa dancing and learn the Cha-Cha and Merengue as well. No partner necessary.

Age: Adults 18 and over

Instructor: Baker

Mondays 7 – 8:30 p.m. May 8 – Jun 12

Location: Multipurpose Room

Line Dancing – Beginning \$40

Heel toe your way into fitness. These no partner pattern line dances are not only great fun, but good for the body and mind. We'll start by learning the basic steps used in line dancing and practice them in various dances. No experience necessary.

Age: Adults 18 and over

Instructor: Reese

Mondays 6 – 7:15 p.m. Apr 10 – Jun 17

Location: Multipurpose Room

Line Dancing – Intermediate \$40

No partner pattern line dances. Have fun and get fit! This class adds new line dances, increasing the level of difficulty. Basic knowledge required. Come prepared to kick up your heels and tap your toes!

Age: Adults 18 and over

Instructor: Reese

Mondays 7:30 – 8:45 p.m. Apr 10 – Jun 17

Location: Multipurpose Room

Jitterbug Swing – Beginning \$45

If you want to go out dancin', this is the class you need to take! Dance to Big Band, Swing, Rock'n'Roll, Country New Wave, Jazz and Blues. Jitterbug is uniquely American and learning it is exhilarating. No experience or partner required. Be prepared to have fun.

Age: Adults 18 and over

Instructor: LaFranchi

Tuesdays 7:45 – 8:45 p.m. Apr 4 – May 2

Location: Multipurpose Room

Jitterbug Swing – Intermediate \$45

This class adds new moves and interesting variation to the beginner course. Become more confident in leading and following. The more you learn about this most versatile of dance styles, the more fun you will have! Prerequisite: Jitterbug/Swing I or similar experience.

Age: Adults 18 and over

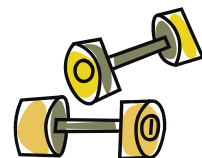
Instructor: LaFranchi

Tuesdays 7:45 – 8:45 p.m. May 16 – Jun 13

Location: Multipurpose Room

Fitness Room

The fitness room at Delridge Community Center offers weight machines, free weights, three treadmills, two step machines and a stationary cycle.



Age: 18 and over

Mon – Sat 11 a.m. – 8:45 p.m.

Fees: \$2 daily drop-in,

\$8 5-visit card

\$20 15-visit card

\$30 30-visit card

Location: Fitness room



Senior Adult Programs

Classes/Special Events Registration Information

Mary Dalzell, Recreation Specialist
206-935-2162

E-mail: mary.dalzell@seattle.gov

Winter Dates: April 3 – June 16

No classes: Monday, May 29

Class Registrations: Begin December 19
at 9 a.m. by calling 206-935-2162

Payments: Please make checks payable to: Senior Adult Advisory Council ("SAAC"). Mail to: Senior Adult Programs, Attn: Mary – SW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Sound Steps Local Walks Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. **For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.**

Harbor Avenue Walking Group

Regular walking with friends, while enjoying Seattle's natural beauty along the water. Meet at Duwamish Head, 1140 Alki Ave SW.

Tue/Thu 9 – 10 a.m.

Location: Meet at Duwamish Head

High Point Walking Group

Walking is fun when you do it with your friends and neighbors! Meet at the High Point Library lobby, 3411 S.W. Raymond. Time to check out books when you're done.

Wednesdays 10:30 – 11:30 a.m.

Location: Meet at High Point Library

Mall Walking

Join the Sound Steppers walking at the South Center mall or on those nice days the Westwood Village mall. Transportation is provided. Pick up site is the parking lot behind the West Seattle Senior Center. Please call 684-4664 to reserve your spot.

Instructor: Nancy Swigger

Fridays 8:30 – 11:30 a.m.

Location: Meet at W Seattle Sr Ctr

Drop-in Badminton

**\$2 drop-in
(Age 65+ \$1)**

Mon/Wed

10 a.m. – Noon

Location: Delridge CC

Mixed Media Art

Free

Print making, paper making, and collage. Put your hands to work and have fun. This class introduces several exciting hand printing techniques, easy to do with out a press. First classes explore water color, monoprints and relief printing with easy cut and easily carved rubber material. In remaining classes students create paste paper and use paper from earlier printing experiences to create collage and mixed media projects. No experience in print making or collage necessary. This is provided free of charge by Seniors Making Art fund. Class meets at the Alki Bathhouse. Call 935-2162 to register.

Instructor: Rickie Wolfe

Tue: Apr 25 – Jun 13 10 a.m. – Noon

Location: Alki Bathhouse

Computer Classes

Free

Computer training and access is available at the Westwood heights Tech. Center located at 9455-27th Ave SW. Call Jacque to register: 932-6942 x16. This facility is specifically designed to meet the needs of the senior adult populace who wish to experience computers or continue the learning process. **Instructor: Jacque Cook**

Open Access

Do your own thing on the computer: e-mail, browse the web, write letters and more. *Please call to confirm available times.

Mon – Sat 10:30 a.m. – 2 p.m.*

Computer Knowledge Shared

Tuesdays 10 – 11 a.m.

Beginning Computers

Learn the basics, e-mail, and the web.

Mon – Wed 10 – 11:30 a.m.



Senior Adult Programs

Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs,
Attn: Mary – SW, 8061 Densmore Ave
N, Seattle, WA 98103-4436.

Payment must be received 5 working days prior to departure. Trip times/costs/destinations are subject to change.
On all trips, lunch is on your own.

Pick-up Sites:

High Point CC..... 6920 34th Ave SW
Hiawatha CC..... South parking lot
of Safeway on California Ave SW
Please don't park in Safeway's parking lot

Angel of the Winds Casino \$8

Off to Arlington for a day of adventure at games of chance.

Fri, Apr 14 9:30 a.m. – 3:30 p.m. Reg. 4/4

Neighborhood Visits \$5

When was the last time you wondered through Fremont? How about Broadway? We will visit both and take in the sites.

Fri, Apr 21 10 a.m. – 3:30 p.m. Reg. 4/6

Chocolate Flower Farm \$16

A specialty nursery in Langley offering extensive collection of "chocolate" (dark colored) and rare perennials. Time in Langley.

Thu, Apr 27 9:30 a.m. – 5 p.m. Reg. 4/13

Seattle Rep: Tuesdays with Morrie \$20

A retired professor suffering from Lou Gehrig's disease spends his Tuesdays with a former student. They discuss life, love, community, work, family, forgiveness, and the meaning of death.

Wed, May 3 1 – 4:30 p.m. Reg. 4/11

Wenatchee Apple Blossom \$35

Comfort of a chartered motor coach. This annual event includes parade, entertainment, food, arts/crafts, and more.

Sat, May 6 8 a.m. – 7 p.m. Reg. 4/7

Leavenworth Maifest \$29

Parade Day! Enjoy 16th century costumes, dancing, eating, and shopping. This is a Chartered Bus ride.

Sat, May 13 8:30 a.m. – 6:30 p.m. Reg. 4/20

Shellfish/LaConner \$9

Tour the Taylor shellfish operation on Chuckanut Drive then to LaConner.

Fri, May 19 9:30 a.m. – 5 p.m. Reg. 5/4

Meeker Days in Puyallup \$6

Includes farmers market, craft booths, antique shops, entertainment, food, car show, more.

Sun, Jun 11 9:30 a.m. – 3 p.m. Reg. 5/25

PowellsWood: A Northwest Garden \$6

40 acres, most in native state. 1,000 varieties of trees, flowering shrubs/plants, stream, pond. \$5 garden tour fee on your own.

Fri, Jun 16 9:30 a.m. – 3:30 p.m. Reg. 6/1



Seattle Parks and Recreation is celebrating Earth Day (April 22) in many ways throughout April. Here are just some of the ways you can get involved:

- Worm Bin Composting Workshop, Green Lake Community Center, April 22, 206-684-0780
- Join our Teen Earth Arts Camp in Leavenworth, April 7 – 9, 206-684-9270
- Camp Long Movie Night, *Living With Wolves*, April 27, 206-684-7434
- Care for Seattle's urban waterways as a Creek Steward or a one-time volunteer, 206-684-4163
- Organize a Spring Clean neighborhood cleanup event near your home or work, 206-684-0570

For information on other programs, please call Adam Cole at 206-733-9701, or visit the web at: www.seattle.gov/parks/Environment/earth.htm.

The City of Seattle, its citizens, and the Cascade Land Conservancy (206-292-5907, or on the web at www.cascadeland.org) have joined together in a 20-year effort to protect and restore our urban forest. There will be nearly 100 events and work parties in 2006. Please call 206-233-5019 for more information. Thank you!

SOUTHWEST POOL DAILY SCHEDULE SPRING 2006: 4/1 – 6/25

POOL CLOSED

Memorial Day

May 29

MONDAYS & WEDNESDAYS

6:00 – 7:30 a.m.	Early Morning Lap Swim ¹
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:00	Adult Lessons
2:00 – 2:30 (Mon)	Home School Lessons
3:00 – 4:00	Private Lessons
3:00 – 4:00	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:30	Swim Lessons
6:30 – 7:15 (Wed)	Springboard Diving
7:30 – 8:15	Hydro-Fit (<i>deep end</i>)
7:30 – 8:30	Shallow End
	Public Swim

TUESDAYS & THURSDAYS

Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Senior Adult
	Water Exercise
2:45 – 3:45	Denny ASAP
4:00 – 6:00	Private Lessons
4:15 – 5:00	Competitive Stroke Class
4:30 – 5:00	Three Year Old Lessons
5:00 – 6:00	Lap Swim
6:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit (<i>deep end</i>)
8:30 – 9:15	Adult Water Aerobics
	(<i>shallow end</i>)

¹Admission to EMLS by swim ticket only. This can be purchased during regular business hours or in the morning with a check only.



FRIDAYS

6:00 – 7:30 a.m.	Early Morning Lap Swim ¹
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00	Lap Swim
4:30 – 5:30	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals
	(Call to Schedule)

SATURDAYS

9:30 – 10:30 a.m.	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – 11:00	Private Lessons
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals
	(Call to Schedule)

SUNDAYS

11:00 – 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals
	(Call to Schedule)

FACILITY FEES & CHARGES

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa,	
Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool offers a comprehensive swim lesson program. Call 206-684-7440 for class information and registration dates.

SOUTHWEST POOL RECREATIONAL & FITNESS PROGRAMS

ADULT/SENIOR ADULT SWIM

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming. **Please note:** all lanes will be in during busy times.

Monday – Friday **Noon – 1:30 p.m.**
Sunday **11 a.m. – 12:30 p.m.**

LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F* **6:00 – 7:30 a.m.**
M/W/F **3:00 – 4:00 p.m.**
M/W **5:30 – 6:30 p.m.**
T/TH **5:00 – 6:00 p.m.**
Friday **1:30 – 2:30 p.m.**
Friday **5:30 – 7:00 p.m.**
Saturday **9:30 – 10:30 a.m.**
Saturday **Noon – 1:00 p.m.**
Sunday **5:00 – 6:00 p.m.**

*Admission to EMLS by swim ticket only.

PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use.

Monday – Thursday **7:30 – 8:30 p.m.**
(Mon. & Wed. eves are shallow end only.)
Friday **4:30 – 5:30 p.m.**
Saturday **1:00 – 2:00 p.m.**
Sunday **4:00 – 5:00 p.m.**

FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday **1:30 – 2:30 p.m.**
Friday **7:00 – 8:00 p.m.**
Sunday **2:00 – 3:00 p.m.**

ADULT WATER AEROBICS

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

ADULT HYDRO-FIT

Hydro-Fit is a 45-minute deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday **7:30 – 8:15 p.m.**
Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

SENIOR ADULT WATER EXERCISE

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday **1:30 – 2:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors



MASTERS WORKOUT

An experienced coach supervises an interval workout of 2300 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Monday & Wednesday **5:30 – 6:30 p.m.**
Friday **6:00 – 7:00 p.m.**
Class Fee: \$4.75 Adults

For a complete Southwest Pool schedule, please call (206) 684-7440.
 Southwest Pool is located at 2801 SW Thistle Street.

Seattle Parks General Information

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington state sales tax where applicable.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interests and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Delridge Facility Rentals

Rent Delridge Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Delridge Community Center Staff at 206-684-7423 for cost and availability. If the Delridge Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/facrentalguide.htm;

there are over 20 locations that can be rented throughout the Parks Department.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Helpful Phone Numbers

Community Centers

Alki 684-7430
 Ballard..... 684-4093
 Bitter Lake 684-7524
Delridge 684-7423
 Garfield 684-4788
 Green Lake..... 684-0780
 Hiawatha..... 684-7441
 High Point..... 684-7422
 International District/
 Chinatown 233-0042
 Jefferson..... 684-7481
 Laurelhurst..... 684-7529
 Loyal Heights 684-4052
 Magnolia 386-4235
 Meadowbrook 684-7522
 Miller 684-4753
 Montlake 684-4736
 Queen Anne 386-4240
 Rainier 386-1919
 Rainier Beach..... 386-1925
 Ravenna-Eckstein.... 684-7534
 South Park 684-7451
 Southwest 684-7438
 Van Asselt..... 386-1921
 Yesler 386-1245

Environmental Learning Centers

Carkeek Park..... 684-0877
 Camp Long 684-7434
 Discovery Park 386-4236
 Seward Park 684-4396

Emergencies

Fire/Medical/Police 911
 Poison Center..... 536-2121
 Crisis Clinic..... 461-3222
 Animal Control..... 386-7387

Pools & Aquatic Programs

Ballard Pool..... 684-4094
 Beach Programs* 684-7185
 Colman Pool* 684-7494
 Evans Pool..... 684-4961
 Madison Pool 684-4979
 Meadowbrook Pool..... 684-4989
 Medgar Evers Pool 684-4763
 "Pop" Mounger Pool*... 684-4708
 Queen Anne Pool..... 386-4282
 Rainier Beach Pool ... 386-1944
 Southwest Pool..... 684-7440
 Wading Pool Hotline* 684-7796
 *Summer Only

Boating

Green Lake Small
 Craft Center 684-4074
 Green Lake
 Boat Rental..... 527-0171
 Mt. Baker Rowing
 & Sailing 386-1913
 Boat Launch Permits 684-4075

Performing & Visual Arts

Alki Bathhouse 684-7430
 Bathhouse Theater ... 524-9108
 Daybreak Star 524-9108
 Langston Hughes
 Performing Arts Ctr . 684-4757
 Madrona Dance Studio 325-4161
 Pratt Fine Arts Center 328-2200
 Seward Park
 Art Studio 722-6342

Schools

Highland Park 252-8240
 Sanislo 252-8380
 Cooper 252-8170
 Schmitz Park..... 252-9700
 High Point..... 933-5390
 Fairmount Park 252-9290

Golf & Tennis

Amy Yee Tennis Ctr .. 684-4764
 Green Lake
 Pitch 'n' Putt 632-2280
 Interbay Family
 Golf Center 285-2200
 Jackson Park Golf..... 363-4747
 Jefferson Park Golf ... 762-4513
 Jefferson Driving Range 763-8989
 West Seattle Golf..... 935-5187

Gardens

Japanese Garden 684-4725
 (March – November)
 Kubota Garden..... 684-4584
 Tours 725-5060
 Parsons Garden 684-4075
 Volunteer Park
 Conservatory 684-4743
 Washington Park
 Arboretum 543-8800
 Woodland Park
 Rose Garden 684-4863

Other Facilities

Seattle Aquarium..... 386-4320
 Woodland Park Zoo.. 684-4800

Recreation Information

Public Information ... 684-8020
 Compliments/Concerns 684-4075
 Picnic Scheduling..... 684-4081
 Field Rain-Out Hotline 684-4077
 Gym Rentals..... 684-7095
 Youth Athletics 684-7094
 Adult Athletics 684-7092

Delridge Calendar of Events

March

Tue, Mar 28 Special Populations: What's Cooking? – First Class

April

Mon, Apr 3 Beginning Salsa Dancing – First Class

Tue, Apr 4 Beginning Ballroom Dancing – First Class
Beginning Jitterbug Swing – First Class
Seniors Teaching Seniors: Basic Computer Class Session I – First Class

Mon, Apr 10 Beginning Line Dancing – First Class
Girls in Reading for Life Success – First Class
Intermediate Line Dancing – First Class
Little Chefs Session I – First Class
Story Art Session I – First Class
Little Dribblers – First Class

Mon, Apr 10 – Fri, Apr 14 Spring Break Camp

Tue, Apr 11 Beginning Sports – First Class
Move Over Mozart – First Class

Wed, Apr 12 Jazz II – First Class
Tap II – First Class

April (cont.)

Thu, Apr 13 Tap I – First Class

Sat, Apr 15 Basic Egyptian Belly Dance – First Class
Beg./Int. Egyptian Belly Dance – First Class

Sat, Apr 15 Spring Egg Hunt
Spring Pancake Social

Fri, Apr 21 No School Today! All-Day Camp

Mon, Apr 24 Girls' Softball Season begins

Tue, Apr 25 Track & Field Season begins

May

Tue, May 2 Seniors Teaching Seniors: Basic Computer Class Session II – First Class

Mon, May 8 Salsa Dancing Intermediate – First Class

Mon, May 15 Little Chefs Session II – First Class
Story Art Session II – First Class

Tue, May 16 Intermediate Ballroom Dancing – First Class
Intermediate Jitterbug Swing – First Class

June

Mon, Jun 26 – Fri, Sep 1 Summer Day Camp
Middle School Summer Camp

Visit us on the web: www.seattle.gov/parks/centers/Delridge.htm

Delridge Community Center
4501 Delridge Way SW
Seattle, WA 98106
(206) 684-7423

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